February 2, 1983

Monroe Institute of Applied Sciences
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Faber, Virginia 22938

Dear Helen:

Thank you for your prompt response in sending the Discovery tapes and the application forms for Gateway. Actually the tapes were sent on Friday and I received them on Monday morning. That is quick! I have also received the application forms and are returning them with the $200 deposit.

I was not sure on how to complete the section on OBE's as my experience in that area seems to me like dreams. I call them OBE dreams because I do not ever see my own physical body lying on the bed. However now I am not so sure that they are just dreams as they are always followed by the state of body vibration and my most recent experience also was preceded by the vibration.

After receiving the Discovery tapes I read the booklet and listened to the first tape, first over speakers and then at a later time with the stereo earphones. I repeated the tape again later and also listened to the second tape as I was quite comfortable with the first one and did not see any reason why I should stay with that one. Then I went to bed. I awoke at 3:00 am very wide awake and alert and was trying to decide what to do with the whole household asleep and I certainly was not sleepy. Knowing that my getting up would wake others, I decided to try to relax myself as it was done in the second tape, body part by part. This was not a new idea to me as I had used it many times to go to sleep. When I got up to my head I was still wide awake. So much for that. But I did notice that there was a sensation in my body. I call it "humming" or energy or something that flickers in and out and feels like if it were carried further it would be a vibration. So I just laid there and "felt it". Then my body did go into a state of vibration. Instead of trying to lift out of my body or force anything, I decided to just observe it. It then felt like my whole body was rotating very slowly to the left, rolling up and out and as I made the complete turn I could see my husband in bed but not myself. I was immediately above him and settled to the left of him where beforehand I had been on his right. In fact it seemed like I was partially laying on him and felt I should apologize for this. He opened his eyes and said, "Guess what I learned". He repeated this but did not tell me what he learned. Then I immediately found myself again on my side, on the bed, exactly like before anything happened and my body was again in the state of vibration. I do not notice the vibration during the "dream". I observed the vibration until it faded away. Then I went to sleep. In the morning of course my husband did not recall any of this nor any dreams about this and said that I was just dreaming. And I really do not know myself. There is a dreamlike quality about

these happenings but also includes the vibration and the floating or hovering. I have had the state of vibration 6 times now and out of those have had the floating dream 3 times. This most recent one was the only in which I could say that I was wide awake and alert for at least a half hour or longer before its occurence.

I am keeping a Discovery journal to record all of these situations and should have quite an interesting gathering before I get to the last tape! Long ago (well, it has been less than a year) I decided that I had better record all of these mysterious visions, dreams, feelings, etc as it might be desired for future reference and am glad that I did as even now I can look back and recall something that had momentarily slipped from my memory.

I realize that many people seek your program to experience an out of body state but if that is what has been already happening to me, I guess that isn't my goal. I am researching myself and exploring the inner reaches of consciousness and definately want to deepen and broaden my spirituality. I would like to be able to be in direct communication with my spiritual guides and to meet them but know that no matter how much I desire this, it will only happen if I am ready.

Oh - one more little thing that I noticed about the state of vibration. There is something that I did inside of my ears this last time to increase the vibration and the speed of the vibration. It is something that can be done at any time and involves no other state of consciousness. I assumed that anyone can do it but when I tried to describe it to my girlfriend, she didn't understand. It is like closing your ear channel and when you do this, you also hear the body sounds. You get the same effect by placing your fingers in your ears to block out all noises. You can then hear a distant humming within your own head or ears. I do this without putting my fingers in my head. When I did this while in the state of vibration, the vibration got louder and faster, sort of stepped it up a bit. Why, I couldn't tell you! And how I thought of doing this I couldn't tell you either. But noticed it this last time and did it. I can hardly wait to come down and learn more about all of these things!

Will tape recording be allowed at any time during the workshop? (Lecture, etc). I am sure that we will be in contact just prior to the workshop to work out any of my last minute questions, for further directions, etc. In the meantime I will be practicing and recording!

See you in September! And thank you again!

Sincerely,

Harrisville, MI 48740